



## **Millennium Medical & Rehab Opens New Location in Mamaroneck, NY**

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Millennium Medical & Rehab, a professional physical therapy clinic, is pleased to announce that in addition to their location in Scarsdale New York, they now have a new location in Mamaroneck, NY, and that they are currently accepting new patients. They are also hiring an Acupuncturist for the Mamaroneck location. The practice provides comprehensive rehabilitation to patients of all ages using a multi-pronged approach. They specialize in orthopedics, pain management, workman's injury, pediatrics, sports medicine, spinal cord issues, and orthotics.

For physical therapy, their PT team will run a comprehensive physical exam with each patient and perform a complete evaluation of the discomfort or injury. This will allow them to develop a specific program for corrective treatment and preventive measure. The PT team will explain to the patient the diagnosis and the customized treatment plan that is the most appropriate for the patient. They will also advise the patient on the specific exercises to do and pain prevention techniques that can be done at home to enhance the patient's recovery.

They also provide chiropractic services. The chiropractor is a primary care physician who specializes on the

use of the hands (chiro) in providing care. The chiropractor has in-depth knowledge about the spine and the musculoskeletal system and focuses on restoring joint function through manipulations and without resorting to invasive surgery or medications.

They also offer acupuncture, which involves the insertion of very thin needles through the skin at certain points of the body. In traditional Chinese medicine, it is believed that the life force or qi flow through certain pathways in the body. These pathways are called "meridians" and the acupuncture needles are inserted into certain points along these meridians to correct an imbalance in the energy flow that is causing the health issue.

They also offer services for pain management or the treatment of various types of chronic pain, such as neck pain, lower back pain, arthritis pain, headaches, post-traumatic pain, and post-surgical pain. The physician who focuses on pain management is a physiatrist, who will take a look at the patient's medical history and perform a complete assessment of the patient and then offer recommendations for the treatment of the root cause of the pain. Some of the methods they can use for reducing pain are: ultrasounds, trigger point injections, facet joint injections, electrical nerve stimulation, acupuncture, and chiropractic care.

Dr. Rubina Heptulla says, "Chronic pain is described as persistent pain that lasts for at least three months and you are having difficulty with daily tasks. Improving this condition will enable you to get your quality of life back. Visiting our pain management facility will help deal with the chronic pain with multiple modalities of treatment. Follow us on YouTube to learn more about our services."

They can also provide endocrine management to address the incorrect function of the endocrine system, which includes the specific glands that secrete hormones, the receptors for the hormones, and the organs that are directly affected by the hormones. An endocrine disorder means a particular endocrine gland is secreting too little or too much of a particular hormone. This disorder or imbalance may be due to a disease or infection, a genetic disorder, or an injury to the endocrine gland.

Millennium Medical & Rehab also offers massage therapy, which can be in the form of a medical massage or a sports massage. Medical massage may be useful for neck, shoulder, or back pain, and also with the pain of sciatica. Sports massage is for athletes undergoing training.

Founded in 2018 by Dr. Rubina A. Heptulla, Millennium Medical & Rehab offers comprehensive rehabilitation to patients of all ages. The team of healthcare professionals include physical therapy, physiatry, chiropractic services, acupuncture, and an endocrinologist. Dr. Rubina A. Heptulla, MD, MBA, who is the founder and president, is a board-certified endocrinologist with more than 25 years of experience. She has undergone training in distinguished institutions, such as Yale, Brown, and Tufts Universities. She obtained her training in acupuncture from the State University of New York Brooklyn in 2019.

Those who are interested in learning more about the services provided by Millennium Medical & Rehab can check out their website at <https://www.mmrcclinic.com/> or contact them on the phone or through email.

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For more information about Millennium Medical & Rehab, contact the company here: Millennium Medical & Rehab Rubina Heptulla 914-472-2700 [rubinammr@gmail.com](mailto:rubinammr@gmail.com) 535 E. Boston Post Mamaroneck, NY 10543

## **Millennium Medical & Rehab**

*Millennium Medical & Rehab offers comprehensive rehabilitation to patients of all ages. Our team comprises Physiatrists, Physical Therapists, Acupuncturists, Chiropractors, and Endocrinologists.*

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